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1994-01-20

The Quarterdeck / 1994-01-20

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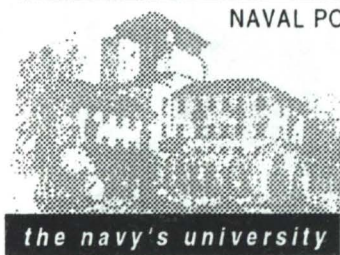
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THE QUARTERDECK

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Vol. III, Issue 3 January 20, 1994

Smokers: A dying breed

Navy clamps down on smoking lamp

by JOI (SW) Dave Newberry

Smokers who made a New Year's resolution to stop may find the Navy's tougher stance on smoking to be beneficial, and that it may even provide the extra incentive they need to quit for good. For nonsmokers -- it's just plain good news.

The Navy, in light of a new Environmental Protection Agency (EPA) report on smoking that classifies second-hand smoke or environmental tobacco smoke (ETS) as a "Group A" (known human) carcinogen, has issued a stronger policy on smoking that is designed to protect people from involuntary exposure to ETS. The policy went into effect January 1.

Capt. Joe Begbie, NPS director of military operations, said an NPS notice is being issued revising the school's policy on smoking in controlled spaces that meets the new Navy standards. These standards he said, "provide an unambiguous, standardized policy on the subject for all activities in the Navy. While the issue of smoking in the workplace has been discussed within the Navy for some time, prior to this guidance, smoking policies varied from command to command."

The new standards apply to all Navy and Marine Corps personnel, civilian employees and all dependents and visitors.

The policy states that smoking is prohibited in all Navy vehicles, aircraft and work buildings and significantly limits smoking within the skin of all ships and submarines. Smoking will not be permitted in areas commonly used by nonsmokers. And, smoking will not be permitted in the immediate vicinity of supply air intakes or building entrances.

Additionally, common spaces of multiple housing or living quarters are off limits to smoking. Common space is defined as any space within a building common to all occupants and visitors, such as corridors, elevators, lobbies, lounges, stairways, rest rooms, cafeterias, snack bars, barber shops and laundry rooms.

Smoking is permitted in individually assigned family and bachelor living quarters. In bachelor quarters where more than one



member is assigned to a room, all personnel assigned to the room must be in agreement, prior to the room being designated a smoking quarters.

Nonsmoker Petty Officer 1st class David Craig, NPS classified vault custodian, said he likes the new policy. "I remember when I was stationed onboard the USS Whipple (FF-1062) from 1980 to 1983. You couldn't get away from the smoke. It was everywhere -- the berthing compartments, dining areas, workplaces. Sometimes you'd step into a com-

partment and a big cloud of smoke would hit you right in the face. I think dealing with the cigarette, cigar and pipe tobacco smoke was one of the worst inconveniences I had to face at sea."

Gail Johnson, NPS secretary, said, "I really don't see this policy or the EPA report changing my smoking habits. I enjoy smoking. I understand people who don't smoke don't want to be around it. But, I don't agree with the 'born again' nonsmokers who get this zeal about trying to save people from smoking. I'm going to smoke. It's my right; but I will have consideration for other people."

The Navy has established a goal to become a smoke-free service by the year 2000.

EPA report: non-smokers also suffer

Secondhand smoke or environmental tobacco smoke is responsible each year for 3,000 lung cancer deaths in nonsmokers, according to a 1992 Environmental Protection Agency report. A second EPA report on ETS and cardiovascular disease is expected to document that up to 50,000 nonsmokers die every year from cardiovascular diseases caused by exposure to secondhand smoke.

In addition, children and infants exposed to secondhand smoke are at increased risk of lower respiratory tract infections such as pneumonia and bronchitis. The EPA estimates that between 15,000 and 300,000

such illnesses and between 7,000 and 15,000 hospitalizations result annually because infants and children are exposed to ETS.

In California, only two out of 10 adults smoke (California Tobacco Survey, 1992). Most government buildings are smoke free, but there is not yet a state law creating smoke-free environments in all public buildings. However, as of November 23, 1993, the Americans for Nonsmokers' Rights organization listed 59 cities and counties in California with 100 percent smoke-free public places, restaurants and worksites. An-

(Continued page 3)

Spotlight on . . . SH1 (SW) Jeffrey D. Stewart

ASSIGNED TO: Navy Exchange
DUTIES: Warehouse storage manager
PREVIOUS DUTY STATION: Guam DECA Commissary
FAVORITE DUTY STATION: NPS
HOMETOWN: Detroit, Mich.
CHILDREN: Jennette-15, Elmar-14, John-9, Jacky-6
WIFE: Daisy
HOBBIES: Music
PET PEEVES: "People who blame others for their mistakes."
WHO ARE YOU MOST PROUD OF?: "My wife and kids."
WHAT IS YOUR SECRET FOR SUCCESS? "Be truthful and honest."



CALENDAR

Resumes of the 90's Wednesday, Jan. 26

Learn how to design resumes that get results. This Family Service Center seminar will be held from 1 - 4 p.m. in Glasgow Hall Room 103 and is open to military ID card holders. Reservations can be made by calling 656-3060. It is being sponsored by FSC's Employment Assistance Programs, and Transition Assistance/Spouse Employment.

Standard First Aid Class Saturday, Feb. 5

The Fort Ord Red Cross will offer the class from 8:30 a.m. to 4 p.m. Students will learn adult CPR, and first aid for bleeding, poisoning, burns and other life threatening emergencies. The course fee is \$17. Call 242-7801 for more information.

Tea and Fashion Show Thursday, Feb. 10

A Tea and Fashion Show will be sponsored by the Staff Wives' Club on the Quarterdeck from 3 to 4:30 p.m. For more information and reservations, contact Jeanne at 384-4002 or Harriet at 633-5124.

The *Quarterdeck* is published weekly by the Public Affairs Office in accordance with NAVSOP-35. Views and opinions expressed are not necessarily those of the Department of the Navy. Deadline for all submissions, including classified ads and items for the campus calendar is noon Thursday. The *Quarterdeck* phone number is 656-2113.



Superintendent Rear Adm. Thomas A. Mercer
 Provost Dr. Harrison Shull
 Public Affairs Officer Mr. John Sanders
 Editor JO2 Kevin A. Mills

Produced by the Public Affairs Office

Earthquakes Preparedness steps

After a major earthquake, electricity, water and gas may be out of service. Some problems can be avoided by following the tips listed below:

- Emergency help may not arrive for days, so enough supplies should be stored to last your family 72 hours.
- Keep flashlights beside your bed and in several other locations. Also store fresh batteries.
- Store enough water for each person to have one gallon per day.
- Store enough food for one week. Stock items like canned or dehydrated food, powdered milk and canned juices.
- Store extra blankets, clothing and sturdy shoes.
- Store a barbecue stove, charcoal, matches and lighter fluid in case utilities are out.
- Keep a fire extinguisher suitable for all types of fires. Teach all family members how to use it.

This is not a complete list of steps, but will better prepare you and your family in case of a major earthquake.

The *Quarterdeck* will highlight additional steps for earthquake and emergency preparedness Thursday, Jan. 27.

OSSC

Self esteem lecture Living together after sea duty

The OSSC will sponsor a lecture titled "Self Esteem, the Ups and Downs of Being a Military Spouse, and How to Avoid the Three D's" on Monday, Feb. 7 following the general members meeting.

Guest speaker is Dr. Rona Halpern, who has worked with hundreds of NPS military families in dealing with the stresses of military life and learning how to live together again after sea duty.

For more information, contact Shannon Eagle at 649-0207.

Computer purchases Restrictions lifted

The restriction on purchasing complete computer systems with a government credit card has been removed. Cards may now be used to purchase complete computer systems costing less than \$2,500. Call Teri Thompson at ext. 2392 for further information.

Navy Exchange News

Coupons for dry cleaning services are good for savings on orders of \$20 or more. The coupons are valid through January only at the local NEX dry cleaning store.

Don't wait until it's too late

Smoking facts

Sure, you know smoking is bad for your health. But no one ever thinks, "Smoking will really hurt me." If you smoke, the odds are against you. Here are the facts:

Cigarette smoke contains about 4,000 chemicals. Many are poisonous. More than 40 of them cause cancer.

Your chances of getting lung cancer are 10 times greater than a nonsmoker.

You are twice as likely to have a heart attack.

Cigarette smoking is strongly linked with emphysema and chronic bronchitis.

Pregnant women who smoke are more likely to have low birth weight babies or stillborn babies.

Cigarette smoke is harmful to all who inhale it, including nonsmokers.

Your children are twice as likely to be smokers when they grow up.

Getting Over Smoking

The nicotine in cigarette smoke is addictive. This means that, as a smoker, your body has become used to a certain level of nicotine. After you stop smoking, you may feel some body and mood changes. As your body adjusts to the absence of the nicotine that you used to get from cigarettes, you may be:

Irritable: At first, without nicotine, you may feel nervous or touchy.

Tired: Nicotine is a stimulant, so when you aren't smoking anymore, you may feel tired.

Trouble sleeping: You may wake up often during the night. Also you, may dream about smoking.

Hunger: People may think that their urge for a cigarette is really a hunger pang and eat to get rid of it.

Cough, dry mouth: Ex-smoker's cough is the way that the body gets rid of the mucus clogging the lungs.

Depression: Some ex-smokers say that giving up cigarettes is like losing a best friend.

Remember:

You may not have any of these feelings. If you do, don't worry - it's normal. You may not feel the same as others who are stopping. Hang in there. These feelings will go away. Give yourself a chance to get over smoking.

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EPA

(From page 1)

other 20 ban smoking in restaurants and public places, and nine have established smoke-free workplaces and public places.

In Monterey County the trend is toward smoke-free environments. Following is a synopsis of what to expect as you travel in the different communities of Monterey County and the central coast.

Most government buildings are smoke free for both employees and the public. Specific smoking areas are established outside buildings to keep ETS from entering the building through doors, windows and ventilation systems.

Effective January 1, state law requires that licensed child care facilities be smoke free.

Public schools are establishing completely smoke-free environments, even outside the buildings after children are gone.

Public places are mostly smoke free. In Monterey County this is required by ordinance in the unincorporated areas of the county and in the cities of Monterey, Pacific Grove, Salinas and Seaside. All North Monterey County communities north of Highway 156, Carmel Valley, Pebble Beach and the Highway 1 corridor south of Carmel are in the unincorporated area of the county.

All enclosed worksites in the unincorporated areas of Monterey County are smoke free under the new Monterey County ordinance which became effective January 8. The cities of Monterey, Salinas and Seaside require that workplace smoking policies be established which generally provide for smoke-free shared work areas and require that the rights of the nonsmoker prevail in a dispute.

Restaurants in the unincorporated areas of Monterey County are 100 percent smoke free under the new ordinance. Salinas and Seaside require that restaurants with over 50 seats set aside 50 percent of the dining area as smoke free.

Effective with the new county ordinance, hotels and motels in the unincorporated areas will set aside 75 percent of guest rooms as nonsmoking.

In California, a good rule of thumb is that smoking is not allowed unless there is a sign giving permission to smoke. If in doubt, ask.

Information about secondhand smoke and the EPA report can be obtained by calling the Monterey County Health Department Tobacco Control Program at 1-755-8487.

BITS & PIECES

Fire safety measures

The California Department of Forestry and Fire Protection will be sending trustees to NPS for a project involving the clearing of brush and other fire hazards in La Mesa Village to reduce wildland fire risk to homes. The crew started Tuesday, Jan. 18 and will work Monday through Friday from 8 a.m. to 5 p.m. The work is expected to be finished in one month.

Polonaise Ball

The third Polonaise Ball to benefit the John Paul II Foundation will be held Saturday, Feb. 12 at the Doubletree Plaza Hotel in Monterey. The guest of honor will be Dr. Jan Szewc, consul general of The Republic of Poland. No-host cocktails and a silent auction will begin at 6:30 p.m., followed by dinner at 7:30 and dancing until 12:30 a.m. Tickets are \$55 per person. For more information and tickets, contact Dr. Stefan Kaminski at 375-4403.

Federally employed women's meeting

The Central Coast of California Chapter of Federally Employed Women, Inc. will hold their monthly meeting Monday, Jan. 24 at 5:30 p.m. at the Defense Language Institute's Wickerling Center.

The program will be a team building and goal setting workshop. Information will also be presented concerning the Western Region Federally Employed Regional Training Conference. Everyone is welcome to attend.

Leave transfer

Charlotte Davenport of the Comptroller Department and William Eckman of Fleet Numerical, Meteorology and Oceanography Center are under the care of a physician and have exhausted their leave balance. Civilian employees who wish to donate annual leave should contact Martha Ramirez at ext. 3277.

Sports/rec

Kelp Klimbers Monthly meeting

The Kelp Klimbers Scuba Club will hold its monthly meeting Thursday, Jan. 27, at 7 p.m., in the Del Monte Room of Herrmann Hall.

Among the topics will be a lecture on ocean search and rescue efforts.

Contact Sara at 647-9411 (ext. 248), or Leon at 372-9235 for more information.

70's party at NPS Prizes for best dressed

There will be a 70's party in the Barbara McNitt Ballroom on Friday, Jan. 21 from 8 p.m. to midnight.

Prizes will be awarded for the best 70's attire. Rock n' roll, Disco, Motown, special requests, and other styles of music will be played. Tickets cost \$5 each.

Contact Robert Campbell at 384-4895 for more information.

Step aerobics Certified instructor

MWR is sponsoring step aerobics for all levels on Mondays, Wednesdays and Fridays from 5 to 6 p.m.

The class is taught by a certified instructor. Classes are held in the NPS

multi-purpose room. The cost is \$22 per month or \$2 per class.

Contact Jenean Bingham at 649-2398 for details.

Baseball is back Organizational meeting for La Mesa league

An organizational meeting for the La Mesa Junior Baseball League will be held March 7 at 7 p.m. at the Youth Center, for all interested parents, coaches, umpires and volunteers. The league plays two seasons corresponding to the Spring and Summer quarters at NPS.

Dependents of military, international, and civilian personnel at NPS and its tenant commands are encouraged to participate. Contact Lt. Cmdr. Dooley at 649-5543 for more information.

MWR tickets Fabulous February

"Fabulous February" at the MWR ticket office will start Tuesday, Feb. 1 at 2 p.m. It will begin with sign-ups for San Francisco Giants and Oakland Athletics baseball tickets. MWR has purchased six season tickets for each team. The tickets will be sold game-by-game to all patrons.

Starting Wednesday, Feb. 2 a prize giveaway entry slip will be given away with each purchase. The slips will be entered in the "Fabulous February" prize

giveaway. The drawing will be held in late February. Among the prizes will be four \$350 SATO gift certificates, and Squaw Valley and Kirkwood lift tickets. Patrons do not have to be present to win.

Discount whale watching tickets are also available.

Lift tickets are available for Squaw Valley, Alpine Meadows, Northstar at Tahoe, Kirkwood, Diamond Peak and Sierra at Tahoe.

The ticket office also offers everyday values like discounts on UA and Galaxy Movie tickets, Towne & Country Dinner Club Books, Gift Check Books, Entertainment 94 Books, Disneyland, Universal Studios, Sea World, and many others.

Current price lists can be obtained at the ticket office, Herrmann Hall Room 037.

MWR is trying to find 25 people who want to attend a San Jose Sharks game against Vancouver. Stop in for details.

Facts

(From page 3)

Smoking Cessation

Smoking cessation classes are offered by the Community Hospital of Monterey Peninsula (625-4558), Salinas Valley Memorial Hospital (1-424-7908), and Seventh Day Adventist Churches (372-7818). Information on self-help programs in the area can be obtained by contacting the Monterey County Health Department at 1-755-4974, the American Lung Association at 373-7306, the American Cancer Society at 1-422-2992 or 1-800-ACS-2345 and the American Heart Association at 1-757-6221.

CLASSIFIEDS

SUBMISSIONS: See BOX pg. 2

FOR SALE

1980 MGB CONVERTIBLE, good shape, runs great, AM/FM Cass, 106K miles, \$3,400 OBO. Call 728-9719.

X-CARGO SEARS CARTOP CARRIER, 18 cu.ft. \$50 OBO. Call Carroll at 626-3706.

1989 PLYMOUTH VOYAGER SE, great cond., PS, PB, A/C, AM/FM Cass, lt. blue., 7 pass., just smogged, new registration.

Under 50,000 miles, \$7000 OBO. Call 647-9952.

1992 PLYMOUTH COLT 3DR, teal green, 30+ mpg! \$5,195. Call 656-2944 (day), 647-8051 (eve).

RECLINERS, two cream tweed recliners, good cond., \$200 OBO. Call 663-1220 (after 3 p.m.).

NIXON'S "SEIZE THE MOMENT," \$10. Call Dave 372-8206 or leave note at SMC #2351.

QUALITY WOOD CRIB, includes mattress, linen, bumper pad. Must see! \$130 takes all. Also, infant car seat, \$15. Call 649-3480.

FOR RENT

PACIFIC GROVE, across from Lover's Point, 16th St., 2 bdrm, 1 bath, fully equipped kitchen, stove fireplace, cathedral ceilings, large closets, 2-car garage, laundry, and MORE! \$1,250/mth. Call Laura at 649-8722.

WANTED

HOUSEMATE WANTED to share large 3 bdrm, 3 bath house in Skyline Forest, four miles from NPS, \$465/month, 1/3 utilities, deposit required. Call 626-6917, leave message.